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MORGAN TAKES OVER MARITIME MORNING
NEWS 95.7 SHOW GETS NEW HOST {page 5}



SWIFT CHANGES
TAYLOR, ON GROWING UP
{page 10}

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Tuesday, October 26, 2010
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News worth sharing.

Dalhousie. Development



▶ A student walks through the Dalhousie University campus yesterday.

DARRELL OAKE/FOR METRO HALIFAX

Dal OK's $600M campus plan

Dalhousie University's board of governors has approved a $600-million roadmap for developing the school's campus. It includes about a dozen capital projects, including two 20-storey towers at the Carleton campus. Story, page 4.

Cops seek pizza parlour caller

Origin of order could lead to info in delivery man's death {page 3}

Working on your fitness?

Celeb trainer launches workout system, and more {page 14}

Student charged in murder

18-year-old Eastern Passage woman appears at Shubenacadie provincial court ◗ Victim, 18, found in quarry Oct. 3, but RCMP won't say when he died

Police are being tight-lipped about the relationship between a murdered teenager and the 18-year-old female accused of killing him.

Amanda Allison Greene, a Dalhousie University student, was charged yesterday with the first-degree murder of Dillon Blair Jewett, 18. The Dartmouth man was found shot to death near the East Uniacke Quarry Oct. 3.

RCMP spokesman Sgt. Joe Taplin said evidence gathered in the investigation led police to arrest Greene Saturday morning at a service station in Eastern Passage.

"She was arrested without incident," he said.

He declined to provide any more information, citing privacy legislation and the fact the case is now before the courts.

"The investigation is still ongoing at this time and we're continuing to actively review information on the case," he said.

He wouldn't say if police expected to make any further arrests in relation to Jewett's death.

RCMP have said a firearm was used to kill Jewett, but wouldn't say how many times he was shot.

"I remember the first time we met, I seen you and could never forget your smile, your eyes the way you laughed. You meant everything to me and I don't think you ever truly knew ... Never forgotten and always loved."
AMANDA GREENE'S OCT. 7 FACEBOOK POST TO MURDER VICTIM DILLON JEWETT

Greene's Facebook page lists Jewett as a friend and Greene's most recent status update was a tribute to the Dartmouth man. "I can't believe you're really gone, but I now know I have an angel in heaven watching down below. I love you and always will R.I.P. Dillon," read the Oct. 7 post.

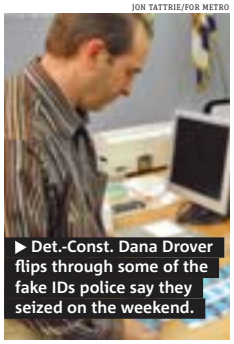
Greene is a graduate of Cole Harbour High School. She is due back in court Thursday. ● JON TATTRIE

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Suspect in ID theft ring arrested

JON TATTRIE/FOR METRO



▶ Det.-Const. Dana Drover flips through some of the fake IDs police say they seized on the weekend.

Halifax Regional Police have arrested a man they accuse of running a major identity theft operation targeting banks and financial institutions.

Jonathan David DeYoung, 26, was arrested Friday at his home on Gladstone Street in Halifax.

He faces 108 charges, including making false documents and fraudulently personating another person with intent to gain advantages and possession of identity information for fraudulent purpose, in what police call a "highly sophisticated" operation.

Det.-Const. Dana Drover of HRP said the bogus health cards, social insurance cards and driver's licences seized apparently real names and addresses with another person's photo.

The cards were allegedly made with blank cardstock and turned into ID with computers, printers, a scanner and other readily available devices.

Drover said the forged Ontario government security holograms were key to making the IDs convincing.

"With identity fraud, you lay the foundation to commit a future fraud," Drover told reporters yesterday.

The IDs could be used to open bank accounts, borrow money or get credit cards.

The victims of the fraud wouldn't have known about it until a credit problem came to their attention.

Police don't know if fraudulent accounts had been opened but are alerting the affected people and financial institutions. Drover advised people to shred sensitive documents, lest they fall into the hands of a fraudster.

JON TATTRIE

Police seek caller in delivery shooting

- Still no motive for shooting, but police don't believe it was a robbery
- One gunshot heard, says nearby resident



PHILIP CROUCHER
@METRONEWS.CA

9 The number of murders in HRM following Saturday's fatal shooting.

Halifax Regional Police want to speak with the person who placed an order with Panada Pizza on Saturday night, a call that ultimately led to a part-time delivery driver being shot dead.

Donald Chad Smith, a 27-year-old from Windsor Junction, was found outside of 15 Joseph Young St. in Highfield Park just before 9:30 p.m. on Saturday suffering from a single gunshot wound. He was pronounced dead at the scene.

Police say Smith was shot outside the apartment complex and hadn't yet made the delivery. They also say the order in question was called in from an outdoor payphone on nearby Highfield Park Drive between Joseph Young Street and Burnside Drive.

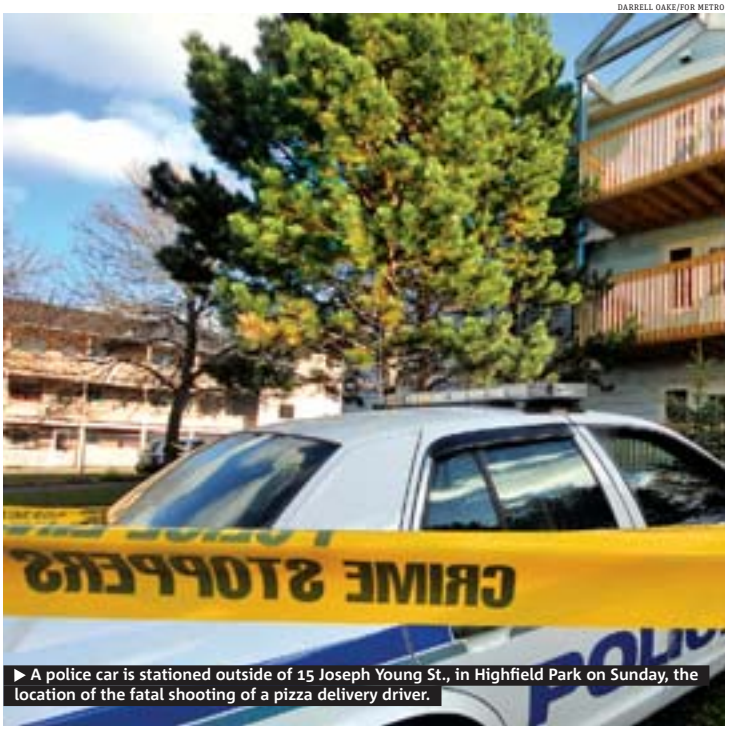
It's still unknown to police the ID of the person who made that call.

"We are interested in speaking with this person to see what information they have — to see if there is any connection — and there very well might not be," said police spokesman Const. Brian Palmeter.

"We want to make sure we cover all the bases."

Smith had only been working at Panada Pizza for a couple of days before being fatally shot.

DARRELL OAKE/FOR METRO



▶ A police car is stationed outside of 15 Joseph Young St., in Highfield Park on Sunday, the location of the fatal shooting of a pizza delivery driver.

Cumberland-South voters head to polls for provincial byelection

Voters will head to the polls today in Cumberland-South to fill the seat vacated by veteran Tory Murray Scott.

The byelection will determine more than just who represents Cumberland-South, however. It will also determine whether Progressive Conservative Leader Jamie Baillie will be debating from the floor of the legislature or from the gallery.

Opponents

Baillie is running against Kenny John Jackson, a police officer running for the Liberals, and Scott McKee, the owner of a service station, running for the NDP.

The riding has been characterized as a PC stronghold, having been held by the Tories since Scott's first win in 1998.

But Baillie said yesterday he is not taking anything for granted.

"I'm working as hard as anyone, my team is working as hard as anyone," he said.

ALEX BOUTILIER

News in brief

Police hunt for Robie St. sex assault suspect

SEX ASSAULT. Police are looking for a man who they say grabbed and sexually assaulted a woman as she walked on Robie Street early Sunday morning.

The 25-year-old female was walking in the area of Shirley Street around 12:45 a.m. when police say a man came up from behind and grabbed her. He then allegedly reached up her skirt and "inappropriately touched her," a police release states.

The woman screamed and the suspect fled the area.

Police describe him as a white male between 25 and 30, five-foot-10 and unshaven.

METRO

1 news

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Two hundred marathons in 2010 down, 50 to go for fundraising Alberta runner. Scan code for story.

Dal campus plan an ambitious project

Plans include a 300-bed residence in mixed-use building on LeMarchant Street

Dalhousie University's board of governors approved an ambitious $600-million roadmap for developing the school's campus yesterday.

Jeff Lamb, assistant vice-president of facilities management, said the "conceptual plan" is like the municipality's HRM by Design, and that individual projects would still have to be approved by the board.

Ideas like partially pedestrianizing University Avenue would require city co-operation, as HRM owns the road.

Lamb said "it's a vision of what the physical campus needs to look like" to support a growing student population. "The idea is, here's the direction we have to take ... in the next, roughly, 10 years."

That would potentially include tearing down the Studley Gym and some of the older wooden buildings and adding a dozen capital projects, including two 20-storey towers at the Carleton campus. The projected cost if the university decides to do everything outlined in the plan is $600 million.

Lamb said Dalhousie spent $100 million on construction and maintenance this fiscal year.

The money would come from a range of sources, including tuition fees, but Lamb said it wouldn't directly cause an increase for students.

JON TATTRIE

Funds needed

- Dalhousie University has about five million square feet of buildings and currently spends $16 million annually on upkeep. It wants to raise that to $25 million a year as part of the plan.

DARRELL OAKE/FOR METRO



▶ A student walks by a building on the Dalhousie University campus yesterday.

Firm mum on Newfoundland power deal

Halifax-based Emera Inc., is declining comment on whether a deal is imminent with Newfoundland's Nalcor Energy on the proposed $6.5-billion Lower Churchill hydroelectric project in Labrador.

Over the weekend, Premier Danny Williams of Newfoundland and Labrador said talks continued between Emera and his province's Crown-owned agency.

Williams said the project would likely be completed in two phases with the help of Emera, and that he planned to make an announcement "sooner rather than later."

Emera spokeswoman Sasha Irving confirmed yesterday that talks are ongoing with Newfoundland and Labrador and New Brunswick on an energy link. "When we have something that we are able to announce, certainly we will be happy to do that and provide details," said Irving.



▶ Energy Minister Bill Estabrooks.

Emera's subsidiary, Nova Scotia Power Inc., has been talking with Nalcor about a subsea cable to carry electricity to Nova Scotia and the U.S. market since a memorandum of understanding was signed in January 2008. Nova Scotia and Newfoundland and Labrador have also asked Ottawa for $375 million for the project from a federal fund for public-private projects.

Nova Scotia Energy Minister Bill Estabrooks said although he isn't involved in the negotiations between the two utilities, he recognizes the talks are central to getting all the "moving parts" of the project off the ground. THE CANADIAN PRESS

Price tag

- The cost of the cable project hasn't been revealed, although a study by SNC-Lavalin for the Nova Scotia government estimated the price tag at $800 million to $1.2 billion.

Mounties nab four for impaired driving

Halifax RCMP charged four people with impaired driving over the weekend, including a 33-year-old man from Porters Lake who police say was stopped near Sackville Drive and registered three times the legal blood-alcohol limit.

In another incident on Saturday night, a 38-year-old Lawrencetown man was stopped at a police checkpoint and allegedly was almost three times over the legal limit.

All four men charged from the weekend will appear in court at a later date. METRO

Issues knock Woodside Ferry out of service

Hundreds of commuters were forced to find an alternative way home yesterday afternoon after Metro Transit's Woodside Ferry was taken out of service due to maintenance issues.

Metro Transit says the maintenance issues were expected to be complete for this morning's commute.

To accommodate passengers, Metro Transit says special shuttle buses were provided from Alderney to Woodside to re-connect vehicles in the Park & Ride at Woodside.

METRO

Police say speeder clocked 181 km/h

A 22-year-old man who police say reached speeds as high as 181 kilometres per hour is facing a charge of stunting under the province's motor vehicle act.

Halifax RCMP said they stopped the man for exceeding the posted speed limit while driving eastbound on Highway 103 near Exit 2 on Sunday.

Police say the driver's speeds ranged between 165 and 181 km/h.

The minimum fine for a first offence for stunting is $2,400.

METRO

Remembrance. Coin



▶ Defence Minister Peter MacKay chats with veteran Vern Westhaver, right, yesterday in Halifax.

ANDREW VAUGHAN/THE CANADIAN PRESS

25-cent piece for 65-year milestone

Defence Minister Peter Mackay attended the unveiling of the newest coloured 25-cent poppy coin to honour Canada's war veterans and military personnel yesterday in Halifax. The 2010 coin will mark the 65th anniversary of the end of the Second World War.

Morgan taking to morning air

News 95.7 hopes Tory operative can annex Krystal Nation as he takes over morning talk-show chair ● Rick Howe given new drive-home slot



ALEX BOUTILIER
@METRONEWS.CA

Jordi Morgan will be News 95.7's new host of Maritime Morning.

A Halifax broadcaster-cum-political-operative, Morgan will be announced today as the replacement for Andrew Krystal. Rick Howe, who has been manning the desk since Andrew Krystal left in the summer, will host a new late-afternoon time-slot.

Morgan said yesterday while the call-in and current-affairs focus of the show will remain, he'll be bringing his own style starting Monday, Nov. 1.

"My approach is not going to be Andrew's; it's not going to be Rick Howe's; it's going to be mine," he said.

After leaving broadcasting, Morgan ran unsuccessfully for the Canadian Alliance in the 2000 federal election. He worked in Ottawa for the office of the leader of the opposition, and later joined the Atlantic Institute for Market Studies.

After managing local businessman Victor Syperek's failed mayoral campaign in 2004, he worked as an organizer for the Nova Scotia Tories and, most recently, as an election-readiness specialist for the Conservative Party of Canada.



"I want to see the city develop and grow and hear people's voices that want to express that — and have good arguments and debates about issues of concerns."
JORDI MORGAN

Despite the ties to the Tories, Morgan said the opinions he'll express on-air will be his own.

"I think it's incumbent on anyone who's in broadcasting to at least understand where they are, what other opinions are there and try to get as broad a representation as possible," he said. "Will I be offering opinions? Yeah. Are they going to be partisan opinions? Well, that depends."

95.7 adds more talk

News 95.7 is adding another talk show to its weekday lineup, news and programming director Mark Campbell said yesterday.

The new time-slot, from 3 to 7 p.m., will be hosted by Rick Howe. Like the broadcaster's Maritime Morning and Afternoon News, the program will be produced in the call-in, current-affairs format.

The changes will come into effect on Nov. 1.

Campbell said that there will still be a six-minute news segment at the top and bottom of the hour. He also affirmed that there will be no cuts to the current editorial staff as a result of the changes.

"We'll still have substantial news (coverage). ... This change that we're doing — we're hiring people; we're not letting people go," he said.

● ALEX BOUTILIER

Tuning in to talk

According to Mark Campbell, News 95.7's news and programming director, the station has seen the largest ratings growth in talk shows.

▶ Typically, he says, people tune in to news but change to another station rather quickly — something he says doesn't happen with talk shows.



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Dartmouth Handcrafter's Guild

Afghans get 'bags of money'

Afghan President Hamid Karzai said yesterday that once or twice a year, Iran gives his office $700,000 to $975,000 for official presidential expenses and that Washington also provides "bags of money" because his office lacks funds.

Karzai's comments come a day after the New York Times reported that Iran was giving bags of cash to the president's chief of staff, Umar Daudzai, to buy his loyalty and promote Iranian interests.

The Times quoted unnamed sources as saying the cash amounted to a slush fund that Karzai and Daudzai had used to pay Afghan lawmakers, tribal elders — and even Taliban commanders — to secure their loyalty.

Karzai told reporters yesterday that he had instructed Daudzai, a former ambassador to Iran, to accept the money from Tehran. He added that several nations have given money to his office.

THE ASSOCIATED PRESS

Body. Art



▶ Thailand's Yanisa Suayvicha shows her tattoos during the annual Tattoo Festival in Bangkok yesterday.

SAKCHHAI LALIT/AP PHOTO

Tattoos on display

Thousands of tattoo fans gathered to see the work of dozens of international tattoo artists and share their common love of body art. The event brought together artists from Asia, Europe and America and showcased body art from different cultures.

California puts weed to a vote

◗ Move to legalize marijuana comes amid reports that laws target blacks ◗ Proposition 19 gains support

The state of California could vote next week to legalize, regulate and tax marijuana, a move that some suggest could not only blaze a trail for more liberal weed laws across the country but also obliterate a longtime racial injustice.

A recent study found that from 2006 to 2008, police in 25 of the state's major cities arrested blacks at four to 12 times the rate of whites. That's despite several federal government studies that suggest fewer African-Americans smoke marijuana than whites.

The study, conducted by the California chapter of the National Association for the Advancement of Colored People (NAACP) and the pro-legalization group, Drug Policy Alliance, concluded that marijuana arrests are racially biased because police focus on high-crime, low-income neighbourhoods often populated by African-Americans.

$100,000
Facebook co-founder Sean Parker recently contributed $100,000 US to the campaign for Proposition 19.

Such revelations have prompted the American Civil Liberties Union to push for passage of Proposition 19, a measure that would make it legal for any Californian over the age of 21 to possess an ounce of marijuana, while giving the green light to cities and counties to regulate and tax commercial sales of weed.

"The war on drugs has become a war on minorities," the ACLU wrote yesterday to Eric Holder, the U.S. attorney general.

The organization added that "the historical and racially disparate enforcement of marijuana laws is a primary reason" behind its support of Proposition 19.

The letter urged Holder against making good on his threat to vigorously enforce federal laws, including suing to overturn Proposition 19, in the event that California finds itself "up in smoke" after next week's elections.

Joycelyn Elders, the African-American former surgeon general under president Bill Clinton, has also urged an end to the war on drugs due to the racial disparities.

THE CANADIAN PRESS

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SHAUN SIMPSON

Muddy magic

Today's photo of the day is by Canadian Shaun Simpson and was submitted in the Emotions category. The photo is titled: The Porcelain People I. Enter your photos today and view more pictures at metrophotochallenge.ca.

PHOTO CHALLENGE

Hiccup girl charged after fatal robbery

Police allege Mee, now 19, lured man to vacant home, where her friends stole his money and shot him

THE ASSOCIATED PRESS FILE PHOTO



Jennifer Mee at 15.

An uncontrollable case of the hiccups brought an odd sort of fame to Jennifer Mee, who was 15 when she appeared on television morning shows trying to find a cure for her mysterious affliction.

Five weeks later they stopped and the media attention mostly disappeared — until this week, when Mee, now 19, was charged with first-degree murder after police allege she met a 22-year-old man online and lured him to a vacant home where two of her friends robbed and shot him.

Mee's journey into the spotlight began in January 2007, at Northeast High School in St. Petersburg. That's when Mee got the hiccups and spent five hours in the nurse's office.

Her unusual condition landed her on NBC's Today Show. But her life seemed to fall into disarray when the hiccups stopped five weeks after they started. She ran away from home twice and her family has sued a hiccup cure company for allegedly using her image without permission.

THE ASSOCIATED PRESS

N.J. gets tough on gay bullying with new law

New Jersey lawmakers have introduced a bill to toughen the state's anti-bullying laws after the widely publicized suicide of a Rutgers University student.

A bipartisan group of lawmakers yesterday touted the "anti-bullying bill of rights" targeting public schools and colleges.

It would require school districts to establish anti-bullying programs and require training for teachers and staff in suicide prevention and dealing with bullying.

Public colleges and universities would need anti-bullying language in their codes of conduct.

THE ASSOCIATED PRESS

AIDS AWARENESS

Church giving out condoms

A Catholic church in the central Swiss city of Lucerne has sparked controversy among believers with an AIDS-awareness campaign that involves distributing to teenagers condoms bearing the slogan "protect thy neighbour as thyself."

The church plans to hand out 3,000 condoms as part of an effort to engage young people turned off by the Vatican's long-standing opposition to the use of condoms.

Spokesman Florian Flohr says the campaign has drawn mostly positive reactions but some Catholics have expressed concern. THE ASSOCIATED PRESS

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No worry: Flaherty

- Countries in G20 aim to stop currency devaluations
- G20 represents about 85% of the global economy

Finance Minister Jim Flaherty says Canada is apprehensive about the slowing and uneven pace of global recovery despite having weathered the recession relatively well.

He says it's essential the G20 follow through in implementing its package of global reforms and work hard to ensure the world economy remains on "a sustainable path."

Flaherty also warned that demand in advanced economies is expected to be subdued as consumer and investor confidence remains weak due to rising unemployment, uncertainty in financial markets and concerns over fiscal sustainability.

On Saturday, the G20 countries vowed to avoid potentially debilitating currency devaluations, aiming to quell trade tensions that could threaten the global recovery.

The agreement came amid fears that countries were on the verge of a so-called currency war in which they would devalue currencies to gain an export advantage over competitors — causing a rise in protectionism and damaging the global economy.

The agreement, though vague on enforcement and long on promises, was hailed by officials and analysts as a step forward in defusing tensions.

THE CANADIAN PRESS.



Tokyo. Electric sports car

▶ Tesla Roadster owner Takao Ozawa with his electric sports car in Tokyo.

ITSUO INOUYE/THE ASSOCIATED PRESS

Teslas hit Tokyo

Tesla, the U.S. maker of electric sportscars, opened its first Asian showroom yesterday in a fashionable Tokyo neighbourhood, hoping to woo rich buyers before eventually widening its appeal with cheaper models.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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FRIGHTENING COSTUME CLICHÉS TO AVOID

She says ...

JESSICA NAPIER



Halloween is one of those annual events I just love to hate.

Every year, I experience a childlike excitement as I indulge in not-so-sinful bite-sized chocolate bars and watch homemade haunted houses sprout up on lawns around my neighbourhood. But my delight in all the tacky accoutrements of this devilish day is always offset by the horror of heinous costume crimes on the night of the 31st.

Dress-up offences usually come in three forms: Animals in costume; racially charged characters; and the slutty nurse.

First of all, please stop forcing your pets into obnoxious critter costumes. Your extremely co-operative cats and dogs are not amused and you're only embarrassing yourself. I cringe every time I see a poor creature outfitted in some sort of "adorable" Halloween outfit. Next time you're bored at work, do a quick Google image search on "Why dogs hate Halloween" and you'll see what I'm talking about.

Next up, the tricky terrain of playing race-card dress-up. Here is a simple rule of thumb for all of you considering a costume that involves a change in ethnicity: Don't do it. Just because it's Halloween doesn't make it excusable. No matter how hilarious you think your version of Old Spice Guy will be, you are going to offend someone. Blackface is never a good idea.

"When did we get together and decide that from age 16 onwards all female costumes have to be promiscuous?"

And finally, the worst costume offence of them all — the slutty nurse. Of course, by "slutty nurse" I really mean the slutty cat, slutty pirate, slutty cop and all the other frighteningly revealing outfits that have become such an unavoidable part of Halloween.

Did I miss something? When did we get together and decide that from age 16 onwards all female costumes have to be promiscuous?

Every year, no matter how you choose to celebrate this spook-tacular day, you will inevitably encounter a group of creepy guys in store-bought costumes ogling nearly naked cowgirls and sexy sailors.

Not only are these over-sexed ensembles predictable and unimaginative — they're also seriously impractical. Guess what ladies? We live in Canada. The average late October nighttime temperature usually hovers around the freezing mark. It's too cold to go outside wearing a barely there leotard and animal ears.

I'm begging you, stop putting the trick in trick or treat and dream up an original costume for a change.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Call the fashion police

Worth mentioning

Fine clothing or fined for clothing?

THE ASSOCIATED PRESS FILE



Just how mini can a miniskirt be?

The mayor of a small Italian town wants law enforcement officials, and not fashion gurus, to be the ones to decide.

The mayor of the southern seaside town of Castellammare di Stabia got his way yesterday when city council approved a ban on football games in public parks and squares, blasphemy out loud, and "very skimpy clothes," the ANSA news agency reported.

Conservative Mayor Luigi Bobbio said miniskirts and other provocative outfits will still be allowed as long as they are not too revealing.

"It's a matter of common sense, of common decency," he told The Associated Press.

A handful of local female politicians protested in front of the town's city hall during yesterday's vote, but few, if any, wore miniskirts.

The measures also include a ban on playing football in public spaces — Bobbio says these games often turn into fights — sunbathing or undressing in town, blasphemy and foul language in general. Men cannot go around shirtless, the rules say.

Violations can be punished with a fine of up to $700 US.

THE CANADIAN PRESS

What's your favourite Halloween costume?

Email
halifaxletters@metronews.ca
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Metro has the right to edit letters and submissions.

Metro Minute at synthetic rink

RYAN TAPLIN/METRO



▶ A synthetic rink has been installed beside Dartmouth High School for a one-week trial.

Rain or shine, warm or cold, this rink is here for you — for at least the time being.

A synthetic rink — which uses plastic instead of ice — has been installed beside Dartmouth High School on Nantucket Road.

It's a one-week trial that started Friday and ends at the end of this week to see if a permanent synthetic rink would be popular enough in the area.

Ice Pro is covering the cost of the one-week demo, but HRM is co-ordinating programming for the week, including several public skates scheduled for this week. Hockey teams will also be trying the rink this week. It's free of charge to use the rink.

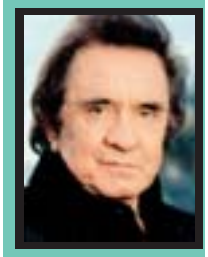
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2 scene



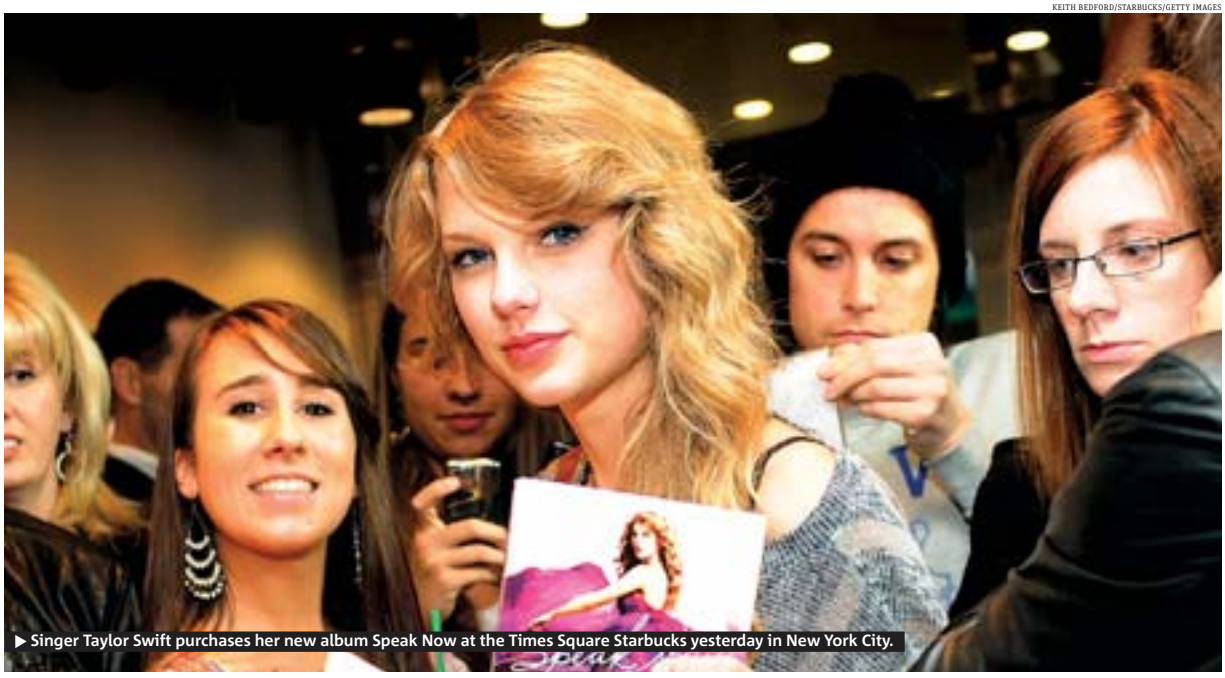
The man in black will be bringing in some green when Johnny Cash's guitars, costumes, handwritten lyrics and personal belongings go on the auction block.

The embroidered blue jumpsuit Cash wore to rehearse for his infamous performance at San Quentin State Prison is expected to fetch $3,000 to $5,000. Also up for sale are vintage guitars, a harmonica, Cash's passport and briefcase, and handwritten lyrics, notes and poems.

THE ASSOCIATED PRESS

There is a little more spice this season on Sandra Lee's Semi-Homemade Cooking, with Cuomo running for N.Y. governor

KEITH BEDFORD/STARBUCKS/GETTY IMAGES



▶ Singer Taylor Swift purchases her new album Speak Now at the Times Square Starbucks yesterday in New York City.

Breaking up is hard to do

GRAHAM ROCKINGHAM
SCENE@METRONEWS.CA

Taylor Swift is the first to admit she's grown up a lot in the past few years.

When she was still a high school student, Swift was more reckless in her relationships.

You can hear it in songs like Fifteen where she's eager to find love, jumping in head first without looking back. You can see it in the title of her second album — Fearless.

But now, at 20, she's more cautious — careful.

"As you experience love, as you experience more relationships, you start to realize that sometimes, most times actually, love ends in goodbye," the singer-songwriter says about the songs from her third CD, Speak Now.

"Love ends in pain and hurt, whether you've gone through it, or you see your parents go through it or you see your family and friends go through it," she says.

"Every time there's an argument or an issue in that new relationship we have those ghosts pop up in our rear view mirror of all the times love hasn't worked out before. (The song) Mine is about … if you want to overcome all that, if you want to make a relationship work, you have to block out those ghosts in the rear view mirror and those voices saying this is going to end like all the rest of them did."

Swift is on the phone from Nashville, where she's undergoing an endless stream of 10-minute interviews in the carefully orchestrated buildup to release of Speak Now, which hit record stores across the continent yesterday.

She's chatty and, at times, playful. Her answers are well thought-out, spoken in complete sentences. She's opening up her deepest feelings to a complete stranger, but still guarded about the details.

All her fans seem to be aware of her past love interests, which include pop rocker Joe Jonas and Twilight actor Taylor Lautner. But still, she won't attach names to the songs. She's being careful.

The toughest track for Swift to write was Innocent.

It's about Kanye West, the bad boy rapper who humiliated Swift at the 2009 MTV Video Music Awards by interrupting her acceptance speech.

"You've made a rebel out of a careless man's careful daughter"
FROM TAYLOR SWIFT'S LATEST HIT SINGLE, MINE

"There are some songs that take 30 minutes to write and there are some songs that take six months to write," she explains.

"When things really intensely affect me emotionally, sometimes knowing what to think, knowing what to say, and knowing how to feel take a very long time to determine."





Divorce could cost Cox $50M

Cox's fortune estimated at $100M Arquette likely to see half of that

GETTY IMAGES



Courteney Cox and David Arquette.

If separated couple Courteney Cox and David Arquette decided to go all the way and get a divorce, it could end up costing Cox up to $50 million, according to the National Enquirer.

"David is going to hit Courteney where it hurts the most — her pocketbook," a source says. "I think he will file divorce papers shortly, and that's when things will get ugly. I believe David will go for half of their $100-million fortune." METRO



Brand buys Perry a tigress

GETTY IMAGES



Russell Brand and Katy Perry.

While friends and family were likely showering Katy Perry with gifts for her Indian wedding over the weekend, it was new husband Russell Brand, appropriately, who reportedly stole the show.

After the wedding, Brand purchased a tigress that lives in the Ranthambore National Park in northern India, according to One India.

The tigress will remain in India, but Brand will provide for its looking after on behalf of his new wife. METRO

Cowell and fiancée taking a 'break'

Simon Cowell and fiancée Mezhgan Hussainy are reportedly taking a "break" to deal with their rocky relationship, according to the Mail on Sunday, and Cowell's mother thinks that's exactly what they need. "I think (the engagement) was too quick. This might give them the break they need to think it through," Julie Cowell tells the newspaper. METRO





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Health Canada, food industry launch campaign on understanding nutrition facts

CONTRIBUTED



▶ Get intense.

The body bible

- Carlos Leon (yes, father to Lourdes, ex of Madonna ...) and Jeff Bell launch Belleon
- It's a full body workout that's more than a few twists and jumps, it's a body bible.



ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Belleon Basics

Belleon is designed as a basic one-hour circuits class followed by a series of exercises that work your entire core.

Leon and Bell take you through a six-week total body conditioning training that sees intensity increase each time.

Every week, more circuits are added as your fitness level, endurance and ability improves whereas extra cardiovascular moves are added in order to keep the heart rate high and enable fat burn. More of an urban boot camp, this is and idea for people with no time and that need to squeeze their workouts into bursts



▶ Carlos Leon (left) and Jeff Bell.

Belleon Body

Bell and Leon want to re-introduce you to your body.

"Once you realize working out makes you feel better, getting to know your body becomes a life-long commitment," says Leon.

Their lean, muscular physique is the living proof their method works for both men and women.

"We chisel people into shape. Their muscles become tighter, leaner, more toned and their heart rate increases facilitating fat burn."

All of this is done without bulking you up.

Working out is the bigger picture to a happier, healthier you, so eat right, stay healthy and keep a clear mind.

Challenges

- Connecting with your body as one unit
- Using your own body weight for squats, lunges, press and push-ups
- Endurance achieved via circuit training C
- Increasing your flexibility in order to increasing your rage of movement.

Belleon nutrition

People that exercise require proper nutrition explains Leon.

"Don't think that because you are training for a marathon, you can afford to eat three plates of pasta with cream cheese. No. If you are working towards a leaner body, you need to allow your muscles to recover. A protein and whole food rich diet that including nuts, fish, tofu, eggs, raw vegetables, healthy fats and a boost of anti oxidants is ideal. Just sat away from simple sugar."

Belleon results

In just six weeks, Belleon gets you in better mental and physical shape.

The benefits? Weight loss, increased work out capacity alongside improved agility, balance and core strength, overall well-being, a sense of calm and lowered stress levels.

As the mind and the body come together, the body eventually surpasses what the mind believes are its limits.



Early warning for obese kids

- Blood vessel stiffness in obese kids a red flag for future heart disease
- More than 25 per cent of Canadian children aged two to 17 are obese

Obese children appear to have a blood vessel abnormality similar to what doctors see in much older adults with cardiovascular disease, a study has found.

Lead author Dr. Kevin Harris, a cardiology fellow at B.C. Children's Hospital, said tests in a group of obese children showed the aorta — the major artery from the heart — had lost normal elasticity, as if the aging process has been accelerated in the blood vessel.

"We were surprised to find that these obese children already have stiff blood vessels," said Harris. "Aortic stiffness is an early indicator of cardiovascular disease in obese children."

ISTOCK PHOTOS



▶ Childhood obesity has risen dramatically in the last 30 years.

The aorta, the largest artery in the body, carries oxygen-rich blood from the heart to all the other arteries.

"The normal aorta has elastic qualities that buffer the flow of blood. When that elasticity is lost, aortic stiffness results — a sign of developing cardiovascular disease," said Harris, adding that aortic stiffness in adults is associated with heart attacks and stroke that can result in premature death.

He said the childhood obesity rate has risen dramatically over the last 30 years, leading to predictions that life expectancy in Canada is set to decline for the first time in the country's history.

"I think that underscores the magnitude of the problem," Harris said.

To conduct the study, the B.C. researchers assessed the heart and blood vessels of 63 obese children and 55 normal-weight children using echo cardiography, a type of ultrasound. Blood pressure, cholesterol and body mass index also were measured in all the children, who had a mean age of 13.

THE CANADIAN PRESS

The risks

The scope of the problem.

Staggering statistics More than one-quarter of Canadian children aged two to 17 are overweight or obese, putting them at risk for heart disease, high blood pressure and Type 2 diabetes.

Headache triggers

By nutritional therapist Michele Kingston



Headaches can be hard to deal with and even harder to get rid of. Here are some things that can trigger on the set of headaches.

1 **Hormone imbalance** Women can be prone to headaches or migraines just before their periods are due. This indicates that a hormonal imbalance is present.

2 **Dehydration** Lack of water can cause headaches. Ensure you are drinking enough by monitoring the colour of your urine, if you are properly hydrated your urine will be a light yellow. Remember, tea and coffee are diuretics so they will actually dehydrate you.

3 **Food allergies** Some people have intolerances to certain foods or to chemicals like MSG found in some processed foods. Others have intolerances to aspartame in fizzy drinks and these can bring on headaches or migraines.

4 **Low blood sugar** A drop in blood sugar can cause a headache or migraine. To avoid this eat every three hours, avoid refined sugary products and always have a quality protein with every meal or snack.

For more of Michele's tips- go to: thenutrition-professional.co.uk

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Escaping the shell of social anxiety

When does simple shyness cross into social anxiety? The good news is that most emotional health issues are often reversible

CELIA MILNE
LIFE@METRONEWS.CA

There's nothing wrong with being shy.

But if your shyness is ruining your life, you may have a disorder called social anxiety. And if so, take heart: it's often reversible.

"Anxiety is a normal experience and some social anxiety is normal," says Dr. John Walker (PhD), a clinical psychologist at the University of Manitoba.

"You start to call it a disorder when it is interfering in your life and causing a lot of distress."

When does shyness cross the line into social anxiety?

"It often interferes with relationships, social life and careers," says Walker, who wrote Triumph Over Shyness: Conquering Shyness & Social Anxiety.

Social anxiety is more common than you think.

About 7 per cent of people have it.

"It is one of the most common emotional health issues in the community," he says.

There are two ages of peak onset.

One is by age three — these are kids who have struggled with shyness their whole life.

The other is after puberty when kids are developing social awareness and interest in romantic partners.

And the Internet age may be causing more than obesity in our children.

Kids aren't learning how to socialize, and this could turn into social anxiety disorder.

"Children are often at school or child care all day. There are fewer opportunities to socialize with friends outside of school than there used to be," says Winnipeg clinical psychologist Dr. John Walker.

Kids spend too much time looking at screens – the Internet, TVs, computer games, and not enough time playing with friends, he says.

Experts encourage you to enroll your children in sports teams and group activities that lend themselves to social interaction.



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When shy is too shy

Social anxiety

Here are four steps you can use to help understand and deal with a social anxiety disorder. You may have this problem if you avoid relationships, often say no to parties, are scared of making presentations and feel very self-conscious.

- **Understand your anxiety pattern.** Become aware of the things you do (avoid making presentations, saying no to friends) that are self-defeating.
- **Thoughts** Change how you handle your thoughts in anxiety-provoking situations. Instead of wondering what others think of you, tell yourself to be a good listener.
- **Behaviour** Take small steps toward changing your behavior. Meet someone for lunch, even if it makes you anxious. Decide to be friendly and interested in people.
- **Accept it** Accept anxious feelings as you move toward your goals.

Wellness in brief



No need to fear your problem

DIAGNOSING The good news about social anxiety, says Dr. John Walker, who is on the board of the Anxiety Disorders Association of Canada, is that a lot of research has been done in the last 15 years into understanding, diagnosing and treating social anxiety disorder.

A good start is reading about the problem; there are self-help books available. You can go to anxietycanada.ca to learn about the disorder and order books that have been screened by experts.

If necessary, find a good counselor. You can look under psychology in your phone book, or ask your family doctor for a referral. Therapists use cognitive behavioral therapy to treat social anxiety disorder. Though each case is different,

"We've seen dramatic changes in six-eight sessions," says Walker. Medication is also available, but he warns most people don't stay on it, as it causes side effects.

If appointments are not covered under your provincial insurance, they might be covered under private health insurance or an employee assistance program. If you are a student, your campus probably has a service, and these are usually non-stigmatizing.

If you think you have social anxiety disorder, try to get help. "Having this and not doing anything about it puts you at risk for depression, as well as drug and alcohol abuse," says Dr. Walker.



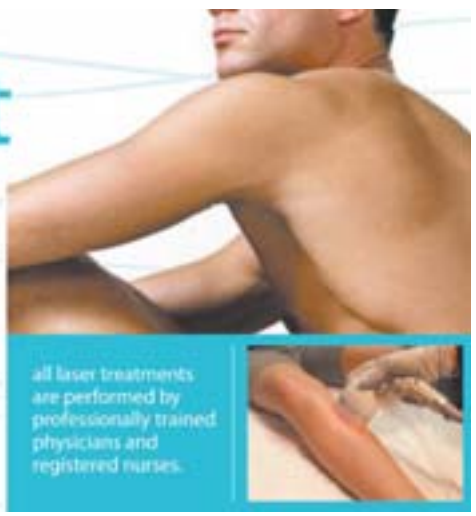
Signs you have social anxiety

- You want to take more education, but you have to choose all your courses based on not giving presentations.
- Someone asks you over and you say no.
- You are invited to a party but don't go.
- It is difficult to form new friendships.
- You have trouble dating.
- You always have to have a few drinks before going out.

Resource tool

- The Anxiety Disorders Association of Canada website has a good list of books that have been screened by experts. Go to AnxietyCanada.ca.

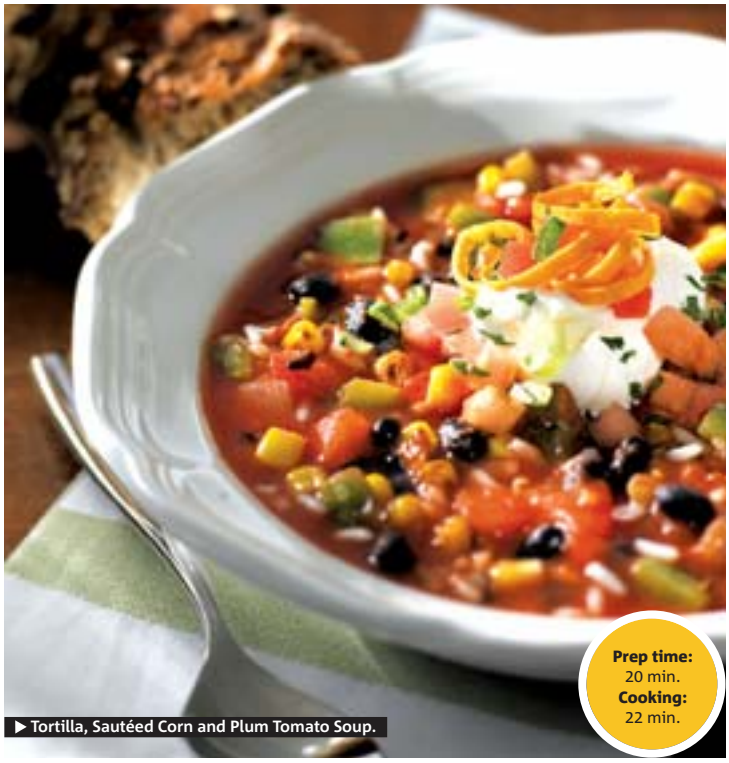
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Refreshing, cool Tex-Mex starter

ROSE REISMAN
LIFE@METRONEWS.CA

The garnishes for this soup make it a real Tex-Mex favorite, as well as a beautiful looking soup. It's a great starter to a main course of fajitas, burritos or quesadillas. I buy flavoured tortillas in bulk and freeze them. To defrost, place the entire package in the microwave oven and heat on High for 30 seconds, or just until you can break away the number you need. Refreeze the remainder. The different colors add interest to any meal.



▶ Tortilla, Sautéed Corn and Plum Tomato Soup.

Prep time: 20 min.
Cooking: 22 min.

Tortilla, Sautéed Corn and Plum Tomato Soup

Ingredients :

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tsp minced fresh garlic
- 3/4 cup canned corn kernels, drained
- 4 cups chicken or vegetable stock
- 3/4 cup canned black beans, drained and rinsed
- 3 tbsp basmati rice
- 1 tsp hot chili paste
- 1 cup diced plum tomatoes
- 1/4 tsp salt and freshly ground black pepper
- 2 1/2 tsp cornstarch
- 1 cup thinly sliced flavoured flour tortillas
- 1/3 cup chopped cilantro or parsley
- 1/4 cup low-fat sour cream

Preparation:

1. Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium heat. Cook the onion, green pepper and garlic, stirring occasionally, for 5 minutes or until the onions are golden. Stir in the corn and cook for 5 minutes, or until the corn begins to brown.
2. Stir in the stock, black beans, rice and chili paste. Bring to a boil, reduce the heat to a simmer and cook for 12 minutes.
3. Add the tomatoes, cornstarch (dissolved in 1 Tbsp of water) and salt and pepper.
4. Simmer for 2 minutes until slightly thickened. Ladle the soup into individual bowls and garnish each serving with tortilla strips, fresh herbs and sour cream. Makes six servings.

Spooky skull spirit for Halloween

PETER ROCKWELL
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The last time I saw Dan Aykroyd he was talking wine. The former Ghostbuster has been the figurehead of his eponymously named series of Ontario wines for several years now and is a passionate advocate of Canadian vino.

Seeing as we're creeping our way to Halloween this week I can't help but think of his side project: Crystal Head Vodka ($44.98 - $75.00).



If you've seen Indiana Jones and the Kingdom of the Crystal Skull you'll know from where Aykroyd got his inspiration. The story goes that the original thirteen skulls had some sort of mystical powers, and since Aykroyd is a fan of the supernatural, serving a neutral spirit from a human skull-shaped bottle was right up his alley.

Made in Newfoundland it's quadruple-distilled and triple-filtered through Herkimer diamond crystals. Okay, so I really don't know what diamond filtration does for the vodka (what could it do?), but the bi-product is a smooth, refined spirit with just a hint of anise-like flavour.

I can't think of a better splash of booze to support a Bloody Caesar on this upcoming All Hallow's Eve.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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SECOND CUP

How to make your taxes less taxing

A little tax prep now will pay dividends when filing time rolls around

ISTOCK IMAGES



It is possible to make taxes less ... taxing.

ON MONEY

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Death and taxes. If you wait until next April to think about the latter, the experience can be a whole lot like the former.

A little thought and preparation now can save you time and money in the new year. Here are some proactive tax tips from Cleo Hamel, senior tax analyst for H&R Block Canada.

• **Check your pay stub:** Direct deposit is convenient but errors can affect your tax situation. Look at your monthly deductions. Chloe has seen mistakes ranging from arithmetic errors to taxable benefits not shown and moving expenses paid out incorrectly.

• **Check your interest earning investments:** Some banks don't issue T5 slips for $50 less in interest earned. And some don't provide tax slips for trades so you could be missing tax deductible investment expenses. Use your own records to list interest income and investment expenses.

• **Check the charity:** Before donating money this holiday season contact the Canada Revenue Agency to ensure that charity is properly listed. Hamel notes there have been reversals of charitable contributions by the CRA in the past few years.

• **Check on your health:** If your family has known medical expenses coming up such braces or glasses you could get a bigger tax benefit by loading them all into one year.

• **Check your investments:** Even though the market has risen nicely since the 2008\09 meltdown many still have losses. Selling a losing investment (only those outside RRSPs and RRIFs qualify), provides a capital loss that can be carried back three years or carried forward indefinitely to reduce tax on capital gains.

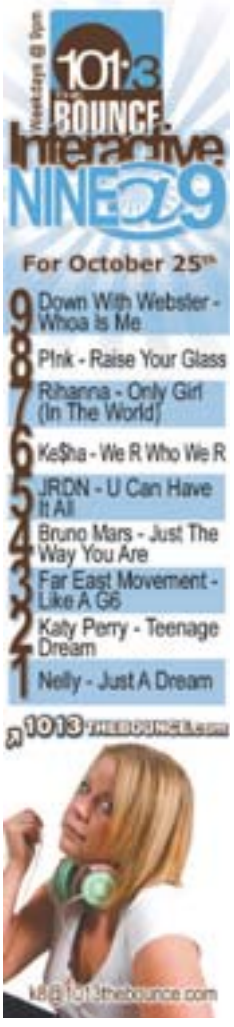
• **Check the move:** Provincial taxes are based on where you reside as of December 31. Depending on the tax rate it may be worthwhile to speed up or defer your move to a different province.

Tax tip sheet

- Tax Tip Sites:
- cra.gc.ca Click on Tax Alert for tips and cautions.
- hrbtaxtalk.ca
- Incomes over $100,000 are taxed least (10 per cent) in Alberta.
- Most (17.5 per cent) in Nova Scotia.

ALISON GRIFFITHS





Fun and Frugal

LESLEY SCORGIE
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TFSA: A GREAT WAY TO SAVE UP

In 2009, the federal government introduced the tax-free savings account, which allows Canadians eighteen years of age and older to save and grow their money tax free. Each year you can contribute $5,000. This amount will be indexed with inflation.

Though your contributions aren't eligible for a tax deduction, your earnings within the plan aren't taxed. So, basically your money grows tax-free, even when it is withdrawn. With a Registered Retirement Savings Plan (RRSP), however, you're fully taxed at your marginal tax rate when funds are withdrawn.

Similar to an RRSP, Registered Pension Plan (RPP), or other non-registered plans, you can put a variety of investments within the TFSA, from GICs to stocks to mutual funds, etc. Your contribution room is also carried forward indefinitely, so if you can't contribute one year, you can make up for it the next year.

When you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned. Whatever your goals, the best way to use a TFSA is to maximize the allowable yearly contribution.

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$ $ $ metro

COMICS TAKE OVER BASEMENT

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS



Q: My husband's comic book collection is taking over the basement and there's no room for our toddler's toys. How do I get him to understand that his childhood has come to an end?

Angela says... My gut reaction is to let your toddler eat a peanut butter-and-jam sandwich in the basement. But upon sober second thought, I wonder if it really is such problem after all. Isn't it better if the comic books reside in the basement rather than your bedroom, dining room or living room? And does his childhood really need to come to a complete end? If space is an issue, is there a compromise — maybe he can free up one shelf for the kid's growing Olivia book collection?

Derek says... I'm no psychologist, but I have seen enough episodes of Two and a Half Men to gently suggest that perhaps you resent your husband's ability to balance his super-ego and id. That childlike quality that expresses itself in his love of comics is part of the reason you fell in love with him. Asking him to part with them could rip out a piece of his soul and turn him into a dull, socially awkward individual capable of interacting only with electrical engineers. But if you really need the space, have someone digitally archive the collection and then buy him an iPad to carry the comics wherever he goes.

CONFESSION LED TO LOVE

Names: Kathryn, 22, and John, 22

Hometown: Dartmouth, N.S.

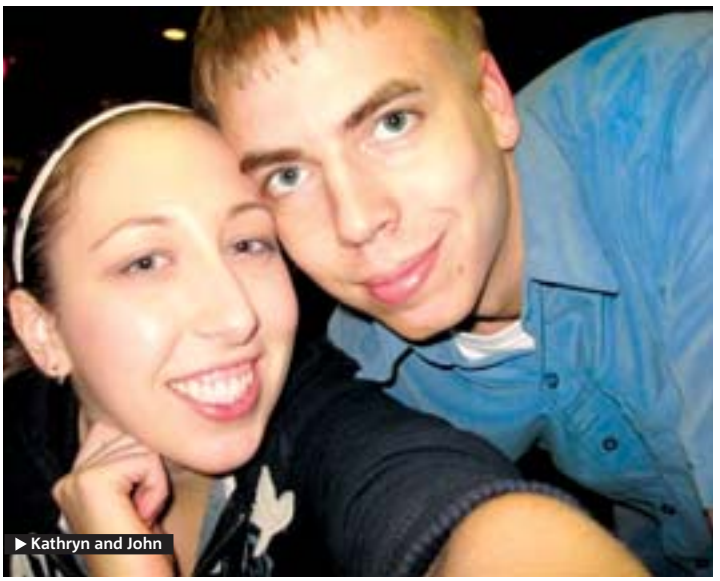
Together since: 2009

Their story:

How We Met: Kathryn & John

"John and I (Kathryn) first met in high school, where we had classes together, but we were both so painfully shy that we never spoke a word to each other!

"I liked John since the moment I saw him, but was never able to work up the courage to talk to him. We even ended up going to the same university.



▶ Kathryn and John

"In the summer of 2008, we found ourselves together on a pub crawl, and in a drunken stupor the next morning, I confessed to my crush on him. At the time, I was in a dead-end relationship, which ended shortly after.

"I confessed my feelings to John. We became good friends and talked daily. Then almost a year after becoming friends, we started dating and have been together ever since!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

noralta LODGE

Noralta Lodge Recruiting Fair

October 29 & 30

Work in Alberta on a 21/7 day shift rotation!

Recruiting for: Housekeepers, Cooks (Prep, 1st, 2nd, Breakfast, Bakers, and Sandwich Makers), Dishwashers, Front Desk, and Maintenance positions

Full 100% company paid benefits including employee/employer share RRSP program are provided after successful completion of the required 3 month probationary period.

Interviews will be held at the Grandville Room at the Delta Barrington on October 29 & 30, 2010 from 9:00 to 4:00 pm

Interested applicants should come prepared for an interview

Please bring a current up to date resume including work related references and valid certifications; in particular our preference is Standard First Aid, Construction Safety Training Systems (CSTS), Petroleum Safety Training (PST) Oil Sand Safety Association (OSSA - General Orientation) Food Safe (Kitchen Positions only), Drivers License (Maintenance position only) or other certifications that would be beneficial.

Our recruiting is for Canadian residents - we are not hiring Foreign Workers at this time.

2nd Annual Great Pumpkin CARVING CONTEST



Carvers, grab your pumpkins!

The 2nd Annual Great Pumpkin Carving Contest for the IWK is here again. The entry fee per team is a minimum donation of $40.

DATE: Oct 28th 2010
TIME: 2:00pm – 4:00pm
LOCATION: Scotia Square Food Court

Register your team by Oct 27nd at *carvingcontest.ca*

IWK Health Centre
presented by CHESTER+COMPANY
scotia square
C100 today's best music
metro Transcontinental

4 sports

Quoted



"We had another great, dominant first period and then we went to sleep again. It's the same old thing with these guys — they cheat. All they want is their points. They're cheaters. They won 5-3, but they shouldn't be happy with the way they played. I'm fed up with it."

SAINT JOHN SEA DOGS HEAD COACH GERARD GALLANT, TO THE TELEGRAPH JOURNAL, AFTER HIS TEAM BEAT THE HALIFAX MOOSEHEADS 5-3 ON SATURDAY.

QMJHL standings

ATLANTIC DIVISION

	W	L	OTL	Pts
ACADIE-BATHURST	13	4	0	26
MONCTON	12	4	2	26
SAINT JOHN	11	3	1	23
P.E.I.	9	8	0	18
CAPE BRETON	4	11	1	9
HALIFAX	4	12	1	9

EAST DIVISION

	W	L	OTL	Pts
QUEBEC	31	1	1	27
LEWISTON	9	7	2	20
RIMOUSKI	9	8	0	18
VICTORIAVILLE	8	9	1	17
CHICOUTIMI	5	7	4	14
BAIE-COMEAU	1	13	2	4

WEST DIVISION

	W	L	OTL	Pts
DRUMMONDVILLE	11	4	2	24
VAL-D'OR	10	5	2	22
MONTREAL	9	3	3	21
SHAWINIGAN	9	6	1	19
GATINEAU	7	7	2	16
ROUYN-NORANDA	4	12	0	8

YESTERDAY'S RESULTS

No Games Scheduled.

TODAY'S GAMES

Drummondville at Baie-Comeau, 8:30 p.m.

TOMORROW'S GAMES

Gatineau at Halifax, 8 p.m.
Drummondville at Chicoutimi, 8:30 p.m.
Lewiston at Rimouski, 8:30 p.m.
Saint John at Val-d'Or. 8:30 p.m.

Sports in brief

Rainmen vigil set for tonight

MEMORIAL. The Halifax Rainmen will hold a candlelight vigil tonight — rain or shine — in memory of the late John Strickland. Strickland, a fan-favourite forward who spent two seasons with the team, was found dead in his New York City home on Oct. 6 at age 38. The vigil will take place from 7 to 8:30 p.m. beside the Metro Centre on Brunswick Street under Strickland's Rainmen banner. METRO

RYAN TAPLIN/METRO FILE



▶ Mooseheads majority owner and head coach Bobby Smith, left, will meet with Cam Russell, right, today to discuss Russell's future behind the bench.

'All up in the air right now'

Russell set to make decision on coaching future with Mooseheads



MATTHEW WUEST
@METRONEWS.CA

Cam Russell could make a decision today on his coaching future with the Halifax Mooseheads.

Russell, who was cast aside as head coach last week when majority owner Bobby Smith decided to step behind the bench, is scheduled to meet with Smith to discuss his options.

He has taken the past week off to let the personnel changes sink in, but has already decided to stay on as general manager.

"He's given me a few different options that we're both throwing around," said Russell, who spent 290 games as head coach.

"It's all up in the air right now. It has to work for everybody and I have to feel comfortable."

Russell has been offered a role as a full-time assistant, but another possibility — perhaps more likely — is an advisory role that would involve working with the defence in practices but not going behind the bench.

As for the general manager's job, which he assumed in January 2009, he's happy to stick with it.

"That's business as usual," he said.

"I like building a hockey team, scouting players, watching the players ... It's a lot of work, but I enjoy it."

Up next

The Mooseheads host the Gatineau Olympiques at the Metro Centre on Wednesday at 7 p.m.

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Offer ends December 31, 2010. Available with compatible devices within network coverage areas available from Bell Mobility. Subject to change without notice. Taxes extra. Other conditions apply. (1) Based on comparison of national networks: (a) fastest network, according to tests of average upload and download speeds in large urban centres across Canada, (b) largest network, based on total square kms of coverage, and (c) fewest call failures based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ network available from Bell, vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/Edge coverage in certain parts of Manitoba and Saskatchewan. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) Available in addition to a Bell Mobility post-paid plan. 10 hours/month; $1/hr thereafter. Sports content available for the current season, subject to change and black-out periods and other restrictions may apply. Limited content with certain devices, while roaming and during off season. Roaming charges (including foreign taxes) may apply outside your local area. Data charges may apply with CDMA BlackBerry smartphones. See bell.ca/mobiletv. NHL and the NHL Shield are registered trademarks of the National Hockey League. NHL team marks are the property of the NHL and its teams. © NHL 2010. All Rights Reserved. NHLPA, National Hockey League Players' Association and the NHLPA logo are trademarks of the NHLPA and are used under license by Bell Mobility Inc. © NHLPA.

Blue Jays land 'leader'

Toronto hires John Farrell as new manager Although he has no managing experience, Farrell has been Boston pitching coach since '07

DAVID COOPER/TORSTAR NEWS SERVICE



Blue Jays general manager Alex Anthopoulos, left, poses for a photo yesterday with John Farrell, who succeeds Cito Gaston as Toronto's manager.

The Toronto Blue Jays named John Farrell their new manager yesterday, handing over a young team to a man with a strong and wide-ranging resumé, but one without any previous managerial experience.

The 48-year-old's hiring brings to a close a thorough, exhaustive search that began in August with GM Alex Anthopoulos and his staff combing through all 30 organizations to examine prospective candidates.

They ended up settling on Farrell, the Red Sox's pitching coach since 2007, who was very well thought of in Boston and had been widely viewed as the heir apparent to manager Terry Francona.

Farrell, who becomes the Jays' 12th career manager, said he was impressed with what he heard during his interview.

"Going through this interview process it became very clear the direction that this organization is heading, the resources that are available to support a club that is going to compete and compare with New York and Boston in time," he said during a news conference. "Those were all clear selling points to me."

Anthopoulos said the decision came down to "the person, and your belief in the person."

"John, first and foremost, is a leader and that's the No. 1 one thing we need in that clubhouse," said Anthopoulos. "Factor in his background, his knowledge, his ability to work with players and his ability to put together a staff. There's so much that John brings."

THE CANADIAN PRESS

Coaching staff

A full coaching staff wasn't named, but Farrell confirmed that third base coach Brian Butterfield and pitching coach Bruce Walton will remain in the fold.

CHARLES KRUPA/THE ASSOCIATED PRESS



Shaquille O'Neal

Shaq still casts a big shadow

Even before his Celtics debut, Shaquille O'Neal was already preparing for his next coming-out party: A Halloween ride on the Boston subway, dressed as a seven-foot-one, 345-pound woman named "Shaquita."

"Something different," he said this week after practising for the NBA opener against LeBron James and the Miami Heat tonight.

Something different, for sure. That's what the Celtics got when they signed the former MVP and future Hall of Famer to tide them over until Kendrick Perkins recovers from knee surgery.

"He brings that something off the floor probably as much as any player we've had. I'm good with that as long as he brings that same intensity on the floor," Celtics coach Doc Rivers said. "He loves his job. He also understands and he's not so serious that he can't enjoy life and have fun with it."

The new Big Three that brought Boston its 17th NBA title in 2008 will open the season against the three superstars who assembled in South Beach to bring James his first. But the most accomplished star on the court — most points, most championships, most nicknames — will be O'Neal, a 38-year-old four-time champion who is somehow injecting a youthful enthusiasm to his veteran team.

12,921

Number of rebounds by Shaquille O'Neal, the most of any active NBA player.

"This is the funnest team I've been on in my life. Seriously," O'Neal said. "These guys are great. Usually, I'm the ringleader of bringing fun to a team, but I haven't even done anything yet. These guys crack me up. Big Baby (Davis) and Nate (Robinson), they need their own TV show."

Shaq already has one of those, along with a handful of movie credits, a few rap songs and more nicknames than you can count. But he knows the credentials that pay the bills are his 28,255 NBA points — fifth all-time — and the four championships he won (three with the Los Angeles Lakers, one with the Heat).

James' teammate with the Cavaliers last year in an ill-fated attempt to win a championship in Cleveland, O'Neal decided he has two years left in him — 700 days, by his count. He was willing to take a lesser role (and the veteran's minimum) to try to win a fifth title in Boston alongside Kevin Garnett, Paul Pierce and Ray Allen.

"This city wants a winner. I want a winner. Everybody on this team wants to win," O'Neal said. "For me, that's what it's all about."

THE ASSOCIATED PRESS

Injury threatens Favre's streak

Brett Favre's ironman streak has endured a litany of injuries and even a pair of premature retirement press conferences.

Perhaps this is the week that, finally, Favre's health prevents him from playing.

The 41-year-old Minnesota quarterback has a stress fracture in his left ankle that could end his NFL-record streak at 291 consecutive games started — 315 including the playoffs.

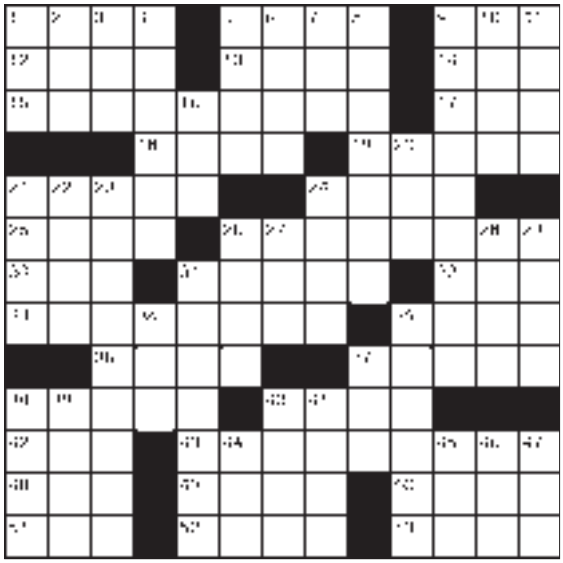
Vikings coach Brad Childress said yesterday an MRI on Favre's foot revealed the stress fracture as well as an "avulsion" fracture in the heel bone. An avulsion fracture occurs when a fragment of bone is torn away by a tendon or ligament. Childress said neither injury requires surgery.

Favre is also the subject of an NFL investigation into allegations that he sent lewd photographs and suggestive messages to a female New York Jets employee in 2008, a development that first put his streak in danger with the possibility of a suspension under the league's personal conduct policy.

THE ASSOCIATED PRESS



Crossword



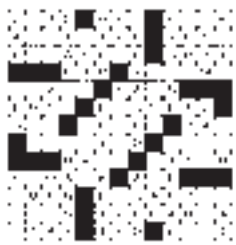
Across

1 Gunshot sound
5 Salamanders
9 Discoverer's cry
12 Smell
13 Lotion additive
14 Lair
15 Edge
17 Moving vehicle
18 Ivory source
19 Eighth Greek letter
21 Allege
24 Fictional sleuth Charlie
25 Lends a hand
26 Invoice add-on
30 Dallas NBA'er, for short
31 They have their ups and downs
32 Luau music provider
33 Ready
35 Smile
36 To laugh (Fr.)
37 Sports venue
38 Performed
40 Hamburg's river
42 Mainlander's memento
43 Supporters of a cause
48 Picks out of a lineup
49 Regrets
50 Helpless?
51 Shirt shape
52 Disarray
53 TV trophy

Down

1 Squeezing snake
2 Toss in
3 Thanksgiving mo.
4 Free
5 Chows down
6 Anti-aircraft fire
7 Dress (up)
8 Boils
9 Exciting experience
10 Radiator output
11 Wintour or Quindlen
16 Fourth O.T. bk.
20 Owns
21 Bivouac
22 Taleteller
23 Plug
24 Lummox
26 Angry
27 Sailor's assent
28 Related
29 TV's "Warrior Princess"
31 Part of a spar
34 Chart format
35 "Summer Nights" musical
37 Disney-owned network
38 Settled down
39 Give up
40 December 24 and 31
41 Privation
44 Payable
45 Male turkey
46 Shade tree
47 Sauce for dim sum

▶ Yesterday's answer



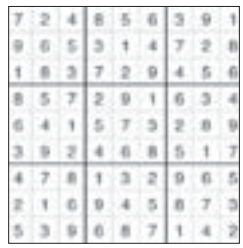
Sudoku

	6			3			7	
		4	2		8	5		
9								6
1		7				6		9
			9		4			
2		3				8		7
3								4
		9	3		1	2		
	2			4			8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my most awesome boyfriend Jonathan. You are the best thing that happened to me. I love you more than anything.
LOVE ALWAYS, YOUR NERD :P

Mitch. Since the day I met you I've come to learn what true love means I hope that we spend our lives together with our friends and family happy 2 year. **LOVE QUILL**

To: chocolate[BAR] Happy Birthday! May you be blessed with all the applesauce and gugenheim you can devour.
LOVE, [MLA]FORMAT

Amanda, You know your Smart, Pretty, and Petite. I find myself looking at my phone whenever Sexy Back plays, wishing it was your name on the screen. You don't deserve the stress I created. Im sorry. All the best at school today. I miss hearing about your day. **RICHARD**



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 It's no big deal that different people see things in different ways — not unless you choose to make it a big deal. Don't think of today's clash of opinions as a threat.

♉ Taurus April 21-May 21 Go your own way and do your own thing and ignore those who disapprove of your desire to be free of restrictions. Quite clearly they are jealous of your ability to come and go as you please.

♊ Gemini May 22-June 21 Be calm, be confident and be ready to drop whatever you are working on if a more interesting project presents itself. Devote your time and energy only to what is important to you.

♋ Cancer June 22-July 22 There is nothing you cannot do. No task is too big for you. There will, of course, be those who say you are biting off more than you can chew but, if anything, you have been too restrained of late.

♌ Leo July 23-Aug.23 If you need to make changes to your everyday routine now is the time to get serious about them. So get started and before you know it your work will be done.

♍ Virgo Aug. 24- Sept. 22 Don't tie yourself down to one location or one group of people today because you will quickly get bored. Get out and about and meet new people and explore new experiences.

♎ Libra Sept. 23-Oct. 23 If you find yourself thinking about the past it is probably because there are still issues that have not been resolved. You won't be able to move on from those thoughts until you deal with those issues once and for all.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time and energy on things that bore you. No one can force you to conform, so go your own way and do your own thing.

♐ Sagittarius Nov. 23-Dec. 21 No matter how difficult a task may look you can make a success of it. The only thing that is holding you back from trying is self-doubt, but that will disappear the moment you start to take action.

♑ Capricorn Dec. 22-Jan. 20 Now is the time to pursue whatever it is that inspires you. There really is nothing you cannot achieve at the moment, so aim high.

♒ Aquarius Jan. 21-Feb. 18 You will meet someone today who can help you realize your ambitions but they will, of course, want something from you in return. Whatever the price it's worth it.

♓ Pisces Feb. 19-March 20 You won't lack for confidence today but not everyone will share your positive attitude. Some people, it seems, get their kicks from negative thoughts and if you spend too much time with them you'll get grumpy too.
SALLY BROMPTON

Caption contest

MAJA SUSLIN/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

VADIM GHIRDA/THE ASSOCIATED PRESS









AIR CANADA VACATIONS

Deals of the week

BAHAMAS

Nassau via Toronto

$300 instant savings!
per room, on Air & Hotel packages to Nassau, Bahamas[1]

Atlantis, Paradise Island • 5★
Beach tower – Terrace rm.
Dec. 3 & 10 • 4 nts.
American breakfast and 4th night FREE
$759
+Taxes & other fees (including service charges): $110

Great Exuma via Toronto

Sandals Emerald Bay
EARN UP TO 3,000 BONUS AEROPLAN MILES‡
Luxury Included® Vacation
Exuma honeymoon luxury rm.
Nov. 14 – 28 • 1 wk.
COMPANION FLIES FOR FREE[2]
$1829
+Taxes & other fees (including service charges): $214

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Exclusive, renovated standard rm.
Feb. 7, 14, 21 & 28 • 1 wk.
PRIVILEGES
$1299
+Taxes & other fees (including service charges): $280

Grand Palladium Jamaica Resort & Spa • 4 1/2★
All-Inclusive • Junior suite
Feb. 7, 21 & 28 • 1 wk.
PRIVILEGES
$1789
+Taxes & other fees (including service charges): $280

CUBA

Cayo Coco/Cayo Guillermo

NH Krystal Laguna Villas & Resort • 3 1/2★
All-Inclusive • Club laguna rm.
Feb. 12 – Mar. 5 • 1 wk.
$799
+Taxes & other fees (including service charges): $222

Holguin

Sirenis Playa Turquesa • 4★
All-Inclusive • Superior rm.
Mar. 5, 19 & 26 • 1 wk.
$899
+Taxes & other fees (including service charges): $222

Varadero

Meliá Varadero • 4★
All-Inclusive • Standard rm.
Feb. 11 – Mar. 4 • 1 wk.
PRIVILEGES
$1199
+Taxes & other fees (including service charges): $222

DOMINICAN REPUBLIC

Punta Cana

Gran Bahia Principe Ambar, Don Pablo Collection • 5★
All-Inclusive
Junior suite
Feb. 26 • 1 wk.
$1519
+Taxes & other fees (including service charges): $308

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive
Junior suite
Feb. 26 • 1 wk.
$1219
+Taxes & other fees (including service charges): $308

Gran Bahia Principe Punta Cana • 4 1/2★
All-Inclusive
Junior suite
Feb. 26 • 1 wk.
$1449
+Taxes & other fees (including service charges): $308

MEXICO

Cancun/Riviera Maya via Montreal

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Dec. 31 • 1 wk.
$1599
+Taxes & other fees (including service charges): $283

Gran Bahia Principe Coba • 5★
All-Inclusive
Junior suite
Dec. 31 • 1 wk.
$1609
+Taxes & other fees (including service charges): $283

USA

Orlando via Montreal or Toronto

Clarion Resort & Waterpark • 3★
Double guest rm.
Dec. 1, 6 & 7 • 1 wk.
$569
+Taxes & other fees (including service charges): $137

CRUISE

Celebrity Cruises[3]

Celebrity Summit℠
Southern Caribbean Cruise
Flight to San Juan via Toronto
Oceanview stateroom, cat. 7
Jan. 8 & 15 • 1 wk.
$1299
+Taxes & other fees (including service charges): $290

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Oct. 26 & 30, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Halifax to San Juan via Toronto are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. ‡Bonus Aeroplan Miles for Sandals and Beaches are based on 2 Aeroplan members occupying the room and are awarded at a rate of 500 bonus Aeroplan Miles per member for Luxury room, 1,000 bonus Aeroplan Miles per member for Concierge suite, or 1,500 bonus Aeroplan Miles per member for Butler service suite. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Not applicable to Breezes Resort, Bahamas. Blackout dates apply. [2]Book by Oct. 30, 2010 for travel completed by Dec. 15, 2011. [3]Celebrity Cruises Inc. ships' registry: Malta and Ecuador. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

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Sorento EX-V6
Luxury shown



Sportage EX
Luxury shown

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$13,995‡

Now get
$2,000 in cash savings

2011 SORENTO

Was
~~$23,995~~

Cash purchase price from
$19,895‡

Now get
$4,100 in cash savings

Plus get **$1,000>**
available competitive bonus

ALL-NEW 2011 SPORTAGE

WINTER TIRES ON US.
$750 VALUE.
4 DAYS ONLY.▼

Visit **kia.ca** to find your nearest dealer.

We can all **drive change.**

KIA

♦"No Payments Until 2011" (90 day payment deferral) applies to purchase financing offers on all new 2010 and 2011 Kia models. No interest will accrue during the first 60 days of the finance contract. After this period interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. **0% purchase financing available on select 2011 Kia models for up to 84 months on approved credit (OAC). ‡Cash purchase price for 2011 Sorento (SR540B)/2011 Soul (SO550B) is $19,895/$13,995 and includes a cash credit of $4,100/$2,000 based on an MSRP of $23,995/$15,995. Delivery and destination fees of $1,650/$1,650 and $79 PPSA excluded. Cash savings vary by model and trim. All offers exclude license, insurance, other taxes, and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. ▼$750 Winter tire credit or cash equivalent available on all 2011 Kia Sportage models purchased or leased between October 27th and October 30th, 2010. Offers available while quantity last. $750 credit payable in form of a cheque or applied to reduce the selling price of the vehicle. Certain restrictions apply. See dealer for details. >$1,000 competitive bonus available to current select competitive SUV owners. Please see dealer for eligibility and full details. +Highway/city fuel consumption for 2011 Sorento 2.4L MT (SR540B) is 7.4 L (38 MPG)/10.6 L (27 MPG); 2011 Sportage (SP752B) is 6.9 L (41 MPG)/10.0 L (28 MPG); 2011 Soul (SO550B) is 6.3L (45 MPG)/7.7L (37 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. ^2011 Kia Sorento/2011 Kia Soul awarded the Top Safety Pick by the *Insurance Institute for Highway Safety*. The award is applicable on all 2011 Sorento models manufactured after March 2010. Visit www.iihs.org for full details. Vehicle images shown may include optional accessories and upgrades. Cash savings vary by model and trim. Offers end October 30, 2010. KIA is a trademark of Kia Motors Corporation.